TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:00 p.m.

Tim Herbst	First Selectman	203-452-5005
Jean Fereira	Director/Editor	203-452-5199
	Program Coordinator	203-452-5199
	Transportation	
	Senior Commission Chairperson	

JULY 2011

Membership for fiscal year 2011/2012 is due by July 5, 2011. Activities open to members only, if you are not a member you will not be entitled to join in classes and activities. Membership for residents is \$5.00 and \$10.00 non-resident.

Volunteer Social Hour and Training.

July 15 (Friday) at 1:00 PM All volunteers are invited to join us for a half hour training session, followed by a social hour. We ask that all volunteers attend this important training session. Please call 203-452-5199 to register. All volunteers are required to attend one initial training session. If you cannot make this session please call so we may schedule an alternate training session.

Hawaiian Luau
July 22 (Friday) 1:00 PM
Food, music, fun and bingo games.
RSVP 203-452-5199 (Seating limited)
Free of Charge
Admission by ticket only
Join us for a summer celebration, a tribute to the Trumbull Stop and Shop (Quality Street) for their most generous monetary donation.

AARP Safe Drivers Course Friday, Sept. 9

Class time is 9 A.M. until 1:00 p.m. AARP member \$12.00 and non members \$14.00 Checks payable to AARP (No cash please). For reservation please call 203-452-5199.

Ice Cream Social In The Court Yard July 29 (Thursday) at 1:00 PM

Come enjoy the music and conversation in our courtyard. Music by Rich Jones. Refreshments and Ice Cream \$1.00

NOTARY PUBLIC AVAILABLE-Monday through Friday. Please call 203-452-5199 for an appointment. There is a \$5.00 for each transaction. Exemption for military.

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News from the Social Services Office (203-452-5198)

<u>ConnPACE ALERT-</u> Due to changes in the Connecticut State budge, effective July 1, 2011, ConnPACE will no longer be available to individuals who are eligible for Medicare.

The ConnPACE Program will be available only to those individuals who meet all of the current ConnPACE eligibility requirements and are <u>NOT</u> eligible for Medicare. Most current ConnPACE members, therefore, will no longer qualify for ConnPACE because they are eligible for Medicare. Medicare Part D will be the only insurance that will cover your prescriptions. *It is important for you to know how this change in the law will effect you and the steps you take to avoid having to pay more for your prescriptions.* Please carefully review the letter sent to you by ConnPACE in June. For more information contact Social Services.

- •<u>The 2010 Renter's Rebate program</u> applications will be taken through September 15. For Qualifications and documentation needed, please call the Social Services office. The program is available to all seniors and disabled persons who meet specific guidelines, and rent in the town of Trumbull. NO WALK INS please.
- •The Food Pantry is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines and/or appointments.
- •Trumbull Beach Bags available at Social Services, Senior Center, Town Clerk and Recreation Department. Bags are \$10.00 each and all proceeds to benefit the Trumbull Social Services Food Pantry.

 $\begin{array}{c} \textbf{BRAUNSTEIN} \ \& \\ \textbf{TODISCO, P.C.} \end{array}$

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*President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010 Connecticut Bar Association Elder Law Committee, Executive member.



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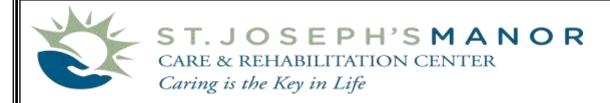
JULY 2011 CALENDAR

MONDAY	9:00 A.M.	NURSE AVAILABLE UNTIL 3:00 P.M	SOCIAL SERVICES
July 11& 25		YOGA	FUNCTION ROOM
July 18		STRENGTH & CARDIO CLASS	FUNCTION ROOM
·	NOON	DUPLICATE BRIDGE	MEETING ROOM
		SMILE A WHILE AND SINGING WITH LORRIE.	FUNCTIONS ROOM
	1:00 PM	BEGINNER'S LINE DANCE	FUNCTION ROOM
TUESDAY	9:15 A.M.	FIT FOR LIFE EXERCISE CLASS	FUNCTION ROOM
	10:00 P.M.	KNIT AND CROCHET GROUP	COMPUTER ROOM
	10:00 A.M.	ART CLASS	MEETING ROOM
	10:30 A.M.	BALLROOM DANCE	FUNCTIONS ROOM
	11:00 A.M.	Wii GAMES	T.V. ROOM
	11:30 A.M.	ZUMBA LESSONS	FUNCTIONS ROOM
	12:30 P.M.	MEN'S POKER GROUP	CARD ROOM
		MEXICAN TRAIN DOMINOES	CARD ROOM
		LATIN LINE DANCE	FUNCTIONS ROOM
WEDNESDAY	9:00 A.M.	YOGA	FUNCTION ROOM
	10:15 AM	JAZZERCISE	FUNCTION ROOM
	11:00 A.M.	TAP DANCE	FUNCTIONS ROOM
	NOON	PINOCHLE CLUB	MEETING ROOM
	12:30 P.M	COUNTRY WESTERN LINE DANCE	FUNCTION ROOM
THURSDAY	9:00 A.M.	STRENGTH & CARDIO	FUNCTION ROOM
		NURSE AVAILABLE	SOCIAL SERVICE
	10:00 A.M.	SLIM APPROACH	T.V. ROOM
		CHAIR EXERCISE WITH NURSE GAIL ONDY	T.V. ROOM
		DRAWING AND WATER COLOR CLASS	MEETING ROOM
	1:00 P.M.	JAZZERCISE	FUNCTIONS ROOM
		CANASTA	CARD ROOM
		PINOCHLE	MEETING ROOM
	2:00 P.M.	BALLROOM/SOCIAL DANCE LESSONS	FUNCTIONS ROOM
FRIDAY	9:00 A.M.	NURSE AVAILABLE	SOCIAL SERVICES
		AEROBICS	FUNCTION ROOM
	10:00 AM	OPEN ART CLASS WITH CHRIS (BEGINNERS)	MEETING ROOM
	10:30 AM	TAI CHI	FUNCTION ROOM
	NOON	TAI CHI	FUNCTIONS ROOM
	12:30 P.M.	MAH JONGG	MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES			
500.800 mm	Skilled Nursing Care		
	Grasmere by the Sea Adult Day Services		
	The Roy and Aline Friedman Home Care Agency		
	Compassionate Care Companions		
THE JEWISH HOME	Outpatient Rehab Therapy		
THE PER PERSON	The Institute on Aging		

Fund Raiser

Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund. We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities. Thank you for all your donations



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23 Priscilla Place Trumbull, CT 06611

Trumbull Senior Center

Tel # 203-378-3086

July 2011

Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Roast Turkey	Lemon Pepper Fish	Honey Roasted Chicken	Philly Cheesesteak	Cheese Ravioli
11	12	13	14	15
Knockwurst And Sauerkraut	Baked Ziti	Turkey Tetrazzini	Crispy Fish	BBQ Chicken
18	19	20	21	22
Turkey Buger	Sweetish Meatballs	Broccoli Quiche	Boneless Pork Chops	Salmon Filet
25	26	27	28	29
Pot Roast	Chicken Patty	Tuna Salad	Stuffed Pepper	



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SHORT TERM REHABILITATION ~ LONG TERM CARE 4-Star Rating by Medicare.gov

Managed by Athena Health Care Systems

SENIOR CENTER SNACK BAR

Open Daily 10 AM – 12:30 p.m. Lunch and breakfast served daily. Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwich, tuna salad sandwich and salad platters prepared daily.



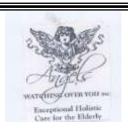
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TRAVEL (ORNER

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company to which your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

July 12 (Tuesday) Captain Jacks and Foxwood - Lunch at Captain Jacks. \$60.00 p.p.

(Wakefield RI) for a Lobster bake or Prime Rib lunch. Includes Shrimp Cocktail, Chowder and clam cakes. Then onto Foxwoods Casino where you will receive a Food Coupon and Keno Free Play. Departs Stern Village at 9:00AM & Penny La. at 9:15 AM

September 17 (Saturday) Feast of San Gennaro, New York, Mulberry St.

\$35.00 p.p.

Children and grandchildren are welcome. There is no age limit for this excursion. Over 300 vendors who set up shop along the Festival Streets selling a variety of goods and merchandise. There are arcade games, food, pastries, music and entertainment.

August 29, (Monday) Rhode Island Lighthouse Cruise aboard the Millennium.

\$60.00 p.p.

Arrive at the Old Country Buffet for a full course buffet. Includes a variety of salads, soups, hot entrees, desserts and beverage. After lunch board the Millennium Ferry for a narrated cruise, including ten lighthouses and Newport Harbor. Cruise under the historic bridges. After the cruise you'll return home from a fun filled day sailing Narragansett Bay. Depart Stern Village at 9:00 AM & Penny La. commuter lot at 9:30 AM.

Hon. John P. Chiota Attorney At Law

Gentile, Chiota & Gutheris, LLC Trumbull Probate Court

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Fairfield, CT. 06824
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Walk the Trails (walk club)

Simone Cameron will lead us on a walk through various trails in the town of Trumbull We will meet at the senior center and will be transported to walk site. We would like to walk every Wednesday morning. If you would like to join us, please call so we can get an interest list. If we get over 10 interested members we will start the class immediately.

BEGINNER COMPUTER CLASSES - Learn the basics such as e-mail and internet. All classes will take place on Monday@10:45 a.m. for 5 weeks of 1 hour classes. The cost is \$25.00 and class size is limited to 5 students. To register call Simone at 203-218-7668. Private lessons also available.

SLIM APPROACH

Come join a group of gals trying to keep slim and fit by sharing ideas and recipes. Our goal is to reach our ideal weight. So come join us. Laugh, love and live! Thursdays 10:00 AM in the TV room.



OLD TOWN RESTAURANT

60 Quality Street Trumbull 203-261-9436

Breakfast & Lunch
-Served Daily
Dinner Hours 7-11
Call Ahead For Take Out
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Catering Available Up to 90 people on/off premises

July SHOPPING TRIPS

For those individuals without transportation.

Wednesday, August 17, Trumbull Mall Bus Leaves Senior Center at 10:30 AM. Bus returns to the center at 2:20 PM

For reservations call Sharon, Senior Transportation at 203-452-5137.

<u>Wednesday, August 24, Captains Cove</u>— Bus leaves Senior Center at 10:30 AM. Bus returns to the center at 2:30 PM.

For reservations call Sharon, 203-452-5137.

John G. Pia 933 Hope Street jpia@associatedappliances.com Stamford, Ct. 06907 Associated Appliance

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